



# P.E Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Children are able to explore and participate in activities that are designed to develop their skills in health, self-care, moving and handling of equipment etc. Children are provided with a range of teacher led opportunities and experiences that allow them to safely and confidently explore their skills with the appropriate adult support and guidance.					
<b>Year One</b>	<b>Gymnastics</b> Unit D Flight: Bouncing, jumping and landing	<b>Dance</b> Unit 1 Streamers: Conkers, Playing with a ball	<b>Gymnastics</b> Unit E Points and patches	<b>Dance</b> Unit 2 March, march, march Jack and the Beanstalk	<b>Gymnastics</b> Unit F Rocking and rolling	<b>Dance</b> Unit 1: Rainbow fish. We're going on a bear hunt
	<b>Games</b> Unit 1 Ball skills & games	<b>Games</b> Unit 2 Throwing and catching-aiming games	<b>Games</b> Unit 3 Bat/ball skills and games-skippping	<b>Games</b> Unit 4 Developing partner work	<b>Athletics</b> Unit 1 Changing speed, underarm throw, take-offs and landing, travelling & push throw	<b>Athletics</b> Unit 2 Running style, jumping, pull throw, pivot turn, underarm throw, push throw
<b>Year Two</b>	<b>Gymnastics</b> Unit H Parts high and parts low	<b>Dance</b> Unit 1 The cat, balloons, Reach for the stars	<b>Gymnastics</b> Unit I Pathways- straight, curving and zig-zag	<b>Dance</b> Unit 2 Friends, Bubble, Shadows	<b>Gymnastics</b> Unit J Turning, spinning, twisting	<b>Dance</b> Unit 1
	<b>Games</b> Unit 1 Throwing and catching, inventing games	<b>Games</b> Unit 2 Making up a game-aiming, hitting, kicking	<b>Games</b> Unit 3 Dribbling, hitting, kicking	<b>Games</b> Unit 4 Group games and inventing rules	<b>Athletics</b> Unit 1 Push throw, running, underarm throw, jumping	<b>Athletics</b> Unit 2 Push throw & bounce, sprinting, throwing for distance, jumping for distance